



WILLOUGHBY SWIM SQUADS

TERM 2 2017 SQUAD INFORMATION

Monday 24th April -Saturday 30th June

Payment due April 20th

willoughbyswimsquads.com.au



Willoughby Swim Squads

STINGRAY recommended: 2-4 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	7.00-7.45 am	
pm	4.00-4.45pm	4.00-4.45pm	4.00-4.45pm	4.00-4.45pm		

SEALION recommended: 2-4 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	6.45-7.45am	6.45-7.45am	6.45-7.45am	6.45-7.45am	6.45-7.45am	
pm	4.45-5.45pm	4.45-5.45pm	4.45-5.45pm	4.45-5.45pm		

SWIM FIT recommended: 2 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am						
pm		6.00-7.00pm		6.00-7.00pm		

SWORDFISH recommended: 3-5 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5.30-7.15am*	5.30-7.15am	5.30-7.15am*	5.30-7.15am	5.30-7.15am*	7-8.30am
pm	5.45-7.15pm	5.45-7.15pm*	5.45-7.15pm	5.45-7.15pm*	4.00-5.15pm	

*These sessions are combined Dolphin / Swordfish sessions and are higher in intensity and endurance. Therefore attendance at these sessions is encouraged but approval to attend should be sought from the coach.

DOLPHINS recommended: 5-10 sessions per week						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5.30-7.15am	5.30-7.15am	5.30-7.15am	5.30-7.15am	5.30-7.15am	**7-8.30am
pm	5.00-6.45pm	5.00-7.15pm	5.00-6.45pm	5.00-7.15pm	5.15-6.30pm	
	St Aloysius***	core training*	St Aloysius***	core training*		

*Land Training takes place at 5pm on Tuesday and Thursday night and lasts for 30-40 minutes prior to the commencement of training at 5.45pm. Attendance at land training is required prior to Tuesday and Thursday night training.

**Saturday morning training normally takes place at Knox or PLC Pymble and is Long Course. This session is open to all swimmers who are approaching National level and are making the commitment to the required sessions per week. (Talk to the Coach) Notification of the time and location of each Saturday training session is actioned by Chris Tremain. If there is no training at Pymble and Knox for any reason, all Saturday morning training will revert to Willoughby.

***St Aloysius Training takes place at the indoor facility located within the school at Kirribilli. (4 lane 25 metre pool) Training there is by invite only and you must be prepared to make the necessary commitment to the number of training sessions required per week, be an active club member competing regularly and willing to contribute to a healthy and strong training environment with a willing hard work ethic.

ADULTS						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5.30-7.00am	5.30-7.00am	5.30-7.00am	5.30-7.00am	5.30-7.00am	7-8.30am

Fees	Stingray	Sealion	Swim Fit	Swordfish	Dolphins	Adults
1 sessions per week	165.00	185.00	185.00	3-5 sessions per week \$400	5+ sessions per week \$400	3+ sessions = \$100 p/m 10 visit pass= \$100
2 sessions per week	270.00	290.00	290.00			
3 sessions per week	360.00	375.00				
4 sessions per week	420.00	440.00				

Enquiries: 0431 215 808

Email: hardmanswim@optusnet.com.au



Dear Customers,

Term 2 2017 commences Monday 24th April concludes Saturday 30th June

Fees due 20th April

Term 2 2017 fees per term	Stingray	Sealion	Swim Fit	Swordfish	Dolphins	Adults
1 sessions per week	165.00	185.00	185.00	3-5 sessions per week \$400 per term	5+ sessions per week \$400 per term	3+ sessions = \$100 p/m
2 sessions per week	270.00	290.00	290.00			10 visit pass = \$100
3 sessions per week	360.00	375.00				
4 sessions per week	420.00	440.00				

Term Fees and Public Holidays

This is a 10 week term, all fees are listed above. There are 2 public holidays in term 2, (Tuesday 25 April and Monday 12 June) Stingray and Sealion sessions that occur on these public holidays will not be charged. If you are to miss a session due to a public holiday, Stingrays deduct \$13.50 and Sealions deduct \$14.50 from your term payment. Swim Fit are able to make up their missed Tuesday at any Swordfish or Sealion class throughout the term.

Please note that fees do not include entry into WLC. You must obtain an entry pass from WLC before admittance

Make up lessons

Due to Stingray and Sealion squads levels being close to fully booked , I will be unable to offer make up lessons during Term 2. Swordfish squads and Dolphin squads do have greater flexibility and will still be able to do their make up lessons.

****Withdrawing from the program****

It is very important that I receive notification of your withdrawal from the program before the commencement of the term program. This ensures that I am able to offer your allocated position to a new customer. As I have significant wait lists your early notification of non-participation in term 2 2017 is appreciated.

Bookings for Term 2

All bookings automatically roll over from term 1 2017 to term 2 2017 with the same level, day and time. There is no need to rebook as you are already enrolled for term 1 2017.

Changing your day and class times:

It is possible to change your day and class times. Please send me an email with your request. Changes are only possible if there is a vacancy in the requested class.

Bank Details: Term 2 Fees due 20 April

Account Name: Willoughby Swim Squads
BSB 032196 Account Number 449809
Reference: Childs Surname and initial, + term or holiday program.eg T1=term one, H=holiday prog.

Paul Hardman , Willoughby Swim Squads